

## Getting Ready for Your Flexible Sigmoidoscopy with an Ileostomy

Read this entire document at least 1 week before your test.

### 1 Week Before Test

#### Arrange Transportation

Due to the sedation medicines, you must have a responsible adult drive you home. It is recommended that you are observed for at least 6 hours after discharge.

#### Health Changes

Please tell us about any major health changes, illnesses, or recent hospital stays you have had since you scheduled your test. If at any time you have symptoms of illness (cough, stuffy nose, sore throat, fever, body aches, chills), please call the procedure center to reschedule your test. You should not have this test while ill.

#### Blood Thinners and Diabetes Medicines

You **must** call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. That doctor will tell you how to safely do this.

The UW Digestive Health Center suggests talking to your doctor using the table shown. That doctor should give you the final advice on stopping these medicines.

Ask your doctor about your bleeding risk with this test. If your doctor feels your bleeding risk is low, they will likely have you follow the schedule below to stop your blood thinning medicines. If your doctor feels your bleeding risk is high, they may have you follow a different timeline.

The list below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine	When to Stop
Prasugrel (Effient)	7 days before
Warfarin (Coumadin)	5 days before
Clopidogrel (Plavix)	5 days before
Ticagrelor (Brilinta)	5 days before
Cilostazol (Pletal)	1 day before
Dabigatran (Pradaxa)	1 day before
Rivaroxaban (Xarelto)	1 day before
Apixaban (Eliquis)	1 day before
Edoxaban (Savaysa)	1 day before

If your doctor tells you **not** to stop your medicine, please call the Digestive Health Center at **608-890-5010**, as this may affect your procedure.

#### Iron, Multivitamins with Iron and Fish Oil

Stop taking these 5 days before your test. (You do not need to contact your doctor first).

## Test Day

### Diet

- **No solid food after midnight**
- Stay on only clear liquids (**no** red or purple)
- Stop drinking everything, even water, **4 hours before** you arrive.

### Clear Liquid Diet

Be sure to drink at least 8 glasses of clear “see-through” liquids. Clear liquids include:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®
- **No** creamers, milks or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food
- **No** liquids with pulp

### Medicines

If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces). Follow your provider’s directions for your diabetes or blood thinning medicines.

### What to Bring

- CPAP or BiPAP and any inhalers that you use.
- Eyeglass or contact lens case, denture cup.
- Ileostomy supplies and extra bag.
- Wear comfortable clothing.
- Phone number for your driver

Do **not** bring:

- Jewelry
- Money
- Other valuables

## Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- Your provider may request for you to complete 1-2 enemas after you arrive for your procedure. This will depend on your surgical history and visualization desired (there is no bowel prep to drink for this procedure).
- The doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

## After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- It may take up to a week for your bowel habits to return to your normal.
- If you stopped blood thinning medicine before your test, ask when it can be restarted.

## Results

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks later. Your results will be sent to your MyChart account. If you don’t have a

MyChart account, someone will call you with results or results will be mailed to you.

### **When to Call**

- If you become ill before your procedure.
- If you did not follow these instructions.

### **Who to Call**

#### **Patient Resources**

(If you need help finding a ride to and from your test)

**(608) 821-4144**

#### **Digestive Health Center**

**(608) 890-5010**

#### **UW Hospital GI Procedure Clinic**

**(608) 263-8094**

#### **Meriter/Unity Point**

**(608) 417-6389**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2023 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF8325